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State of New Hampshire  
Office of the State Fire Marshal



# SAFETY EDUCATOR

## February: CALLING ALL 3rd GRADE STUDENTS to Share their LOVE for Safety in our 3rd Annual Calendar Contest



The NH State Fire Marshal's Office, as well as the NH Fire Prevention Society, would like to give a huge shout out to all the **3rd Grade Students** within the state of New Hampshire.... **WE NEED YOU!!**

We all know that Fire Prevention and Life Safety Awareness should be a part of daily life throughout the year. So.... every year we invite 3rd grade students to take on this fun, educational challenge of researching a fire and life safety theme and design a poster showing their important fire prevention and life safety message. Students will need to:

- **Research** chosen topic from list to ensure message and picture are accurate.
- Use **white paper** not exceeding 11x17.
- Hold paper in **landscape** orientation.
- Fill out the contact information (found online) and attach to the **back**.
- Submit no later than **February 28, 2015**.

Now remember kids, we do encourage you to ask your classroom, or art teacher, to get the whole class involved, but you can enter individually!

Winners will be notified and invited to attend an Evening of Recognition and an Ice Cream Social with Sparky the Fire Dog! SO FUN!

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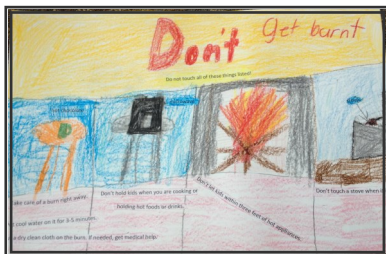
►►► [Click here to learn more about the contest topics, rules and drop-off locations.](#)

### FEBRUARY: *BURN AWARENESS~Elizabeth Bliss*

**Elizabeth Bliss of Hills Garrison School in Hudson, NH** would like to remind everyone about the importance of Burn Awareness. The month of February is dedicated to Burn Awareness. Some of her important reminders on how not get burned are by following some of these easy prevention steps:

1. Don't hold kids while you are cooking or holding hot foods or drinks.
2. Don't let kids within 3 feet of hot appliances.
3. Don't touch a stove while it is on.
4. Take care of a burn right away.

Thank you Elizabeth for these very important reminders!





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## BURN and SCALD PREVENTION TIPS

Every day, 300 young children with burn injuries are taken to emergency rooms. They weren't even near a flame. The children are victims of scalds. Scald burns (caused by hot liquids, steam, or foods) are the most common burn injury among children age 4 and younger. Mortality rates from scalds are highest for children under age 4. While the injuries and the numbers are distressing, even more disturbing is the fact that many of these burns could have been prevented.

[www.ameriburn.org](http://www.ameriburn.org)

[www.nfpa.org/education](http://www.nfpa.org/education)

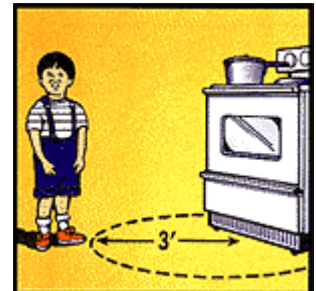
[www.safekids.org](http://www.safekids.org)

### Tap water scalds are often more severe than cooking-related scalds.

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Lower water heater temperature settings to 120° F (49°c) or less.
- Before placing a child in the bath or getting in the bath yourself, test the water.
- Test the water by moving your hand, wrist and forearm through the water. The water should feel warm, not hot, to the touch.

### Scalds also often occur in the kitchen or dining room. Many of these can be prevented.

- ▶ Have a "Kid-Free Zone" of at least 3' around the stove and areas where hot food or drink is prepared or carried.
- ▶ Use oven mitts/pot holders.
- ▶ Open microwaved food slowly, away from the face.
- ▶ Allow microwaved food to cool before eating. Be sure to mix contents thoroughly to avoid any hot spots.
- ▶ Choose prepackaged soups whose containers have a wide base or, to avoid the possibility of a spill, pour the soup into a traditional bowl.
- ▶ Never heat a baby bottle in a microwave oven.
- ▶ Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.
- ▶ Turn pot handles inward
- ▶ Place hot liquids and foods in the center of a table or toward the back of a counter.



**VIDEO:** NFPA's Amy LeBeau talks about the importance of testing the temperature of bathwater before putting children into the tub.



## IN THE EVENT OF A BURN

Burns are one of the most common household injuries. Severe burns should be treated by a doctor, but mild burns can be treated at home.

1. Run **cool tap water** over the burn for at least 5 minutes. Do not use very cold water or ice. If the burned area is on the hand or foot, fill a bowl with cool water and allow the burn to soak.
2. **Dry the burn** gently by patting, not rubbing. Apply aloe vera gel or a soothing burn gel to the area.
3. Apply a clean, loose dressing to **keep the burn covered** during the healing process. Do not wrap the burn tightly.
5. Call your doctor if you notice any severe redness, blistering or streaking.

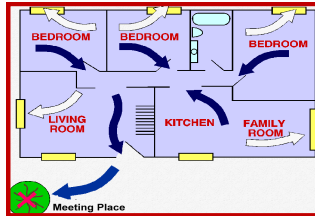
**\*\* Should the burn be severe call 9-1-1 immediately.\*\***

February is not only a time to share with our loved ones how much we love and appreciate them, but it is definitely a great time for us to stop and make sure that they are being kept Fire and Life Safe. This newsletter is all about bringing you important information that can do just that! Take a moment and review the various topics that have been shared this school year by [clicking on the graphics](#) provided. Should you have any concerns or questions PLEASE do not hesitate to contact your local Fire Department or the NH State Fire Marshal's Office.



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## SEPTEMBER



**Have TWO WAYS OUT  
of every Room**



**Have a SET MEETING  
SPOT**



**Practice Family  
FIRE DRILLS**

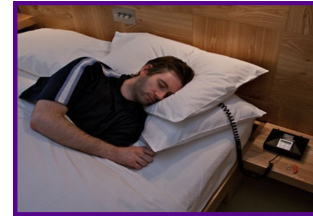
## OCTOBER



**IMPORTANCE of SMOKE  
ALARMS in the HOME**



**Smoke Alarm TYPES  
& PLACEMENT**



**Smoke Alarms for  
HARD OF HEARING**

## NOV/DEC



**CARBON MONOXIDE  
AWARENESS**



**KIDS in the KITCHEN  
Kitchen Cooking Safety**



**HOME DÉCOR SAFETY**

## JANUARY



2015



**WINTER PREPAREDNESS**



**HOME HEATING Safety**



**GENERATOR Safety**



**TELL ME and I FORGET. TEACH ME and  
I REMEMBER. INVOLVE ME and I LEARN.**

Please make Home FIRE & LIFE PREVENTION and AWARENESS a Family Effort



CLICK on any of the graphics above to be brought to our previous issues to learn more.



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We're on the Web!  
[www.nh.gov/safety/divisions/firesafety/](http://www.nh.gov/safety/divisions/firesafety/)



## Safety Educator

Every issue of the **Safety Educator** is filled with important fire and life safety prevention tips on how you can keep your family educated and safe. As we know, it is extremely important to take a moment and review all information that has been learned and acquired, especially when it comes to Prevention and Emergency Planning. Please take a moment to visit the suggested pages. Review your family's current emergency plan ensuring all components are covered and up to date. Then throughout the month of February review with all the members within your household on what to do should one of these emergencies occur. Should you have any questions please do not hesitate to contact your local fire department or the Office of the State Fire Marshal. May you be well, warm and educated with your loved ones this month.


J. William Degnan  
NH State Fire Marshal

Any questions or comments regarding this newsletter please feel free to contact:

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## Kids Can Be Firefighters Too!

January 2015 Safety Educator Website Special Feature:



**HOT POTATO**  
Squeaky needs help finding household items that are BURN HAZARDS. How fast can you find them all?



Click on photo or link below to visit other Kid Friendly and Parent/Educator Approved websites:



[DangerRangers.com](http://DangerRangers.com)



[Smokeybear.com/kids](http://Smokeybear.com/kids)



[sparky.org](http://sparky.org)



[firefighterdyna.com](http://firefighterdyna.com)



[ready.gov/kids](http://ready.gov/kids)